

DRMEŠ  
Croatian Folk Dance  
Record Folk Dancer MH 1012

# DRMEŠ

Drmeš or shaking dance is typical of the Croatia part of Yugoslavia. There are many forms of the Drmeš but always it includes steps that involve much up and down shaking of the entire body with each step taken.

This is a very simple form of this type of dance.

**FORMATION:** Sets of 2 couples in a small circle. Men hold hands in back of ladies' backs. Ladies place hands on nearest shoulder of each man.

In place do the Drmez step which is a step-hop done with a minimum hop and a deep accent and bend of the knee as you step down before the hop. The step can be cued "down-up, down-up, down-up". The upper torso is straight and the knees are flexed deeply with each step. Variations can be done on this "down-up" step-hop as dancers get proficient. (16 steps in this part).

Without dropping hands, face to left and the four move swiftly to the left with a buzz step. Do this by crossing Right foot over left put weight on it, then step forward on Left foot. Do this for 16 counts. Repeat whole dance from beginning.

**ANOTHER FORM OF THIS DANCE** is done in threes:

One man and two ladies stand side by side. Man has arms around ladies' waists, girls place hands on nearest shoulder of man.

In this position dancers do the "down-up" step in place as above for 16 steps.

Then the man turns the lady on one side in place as the free lady dances in place by herself. Then the man dances with other lady. Sometimes in the first part of the dance, the man changes ladies from arm to arm by passing them across in front of himself.

The "down-up" step can also be done as a reel step instead of a step-hop, but the accent and style must still be the same.

Another type of Drmeš is the Drmeš iz Zdancine on Folk Dancer Record # MH 3030.

For another tune, you can do the dance here described to Drmas # 2 record MH 1014.

Dance Directions from FOLK DANCE HOUSE 108 West 16 Street, New York City-11  
Michael Herman, Director  
For catalogs, brochures and information write to BOX 201 Flushing, L.I., N.Y.  
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